

NINJA LEVELS

NinjaZone classes feature a progressive level system, which first evaluates and then advances each child based on their skill and knowledge of core values. Once a child turns 5 years old, the structure of the program is defined by the levels.

The levels of NinjaZone are defined by the headband colors of White, Yellow, Green and Blue.



WHITE
Beginner



YELLOW
Advanced Beginner



GREEN
Intermediate



BLUE
Advanced



NINJA RIG

Our Ninja Rig is constantly changing, which provides endless learning and growth. It allows students to be creative and problem solve, as there's not just one way to get across. They determine through trial and error how to approach and complete the rig, and learn what they need to work on in order to master all obstacles they encounter.



WARPED WALLS

The warped wall combines speed, agility, and upper body strength to master!



**TURNING ENERGY
INTO AMBITION
ONE AWESOME KID AT A TIME!**



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NINJAZONE

Kids learn to kick, jump, and flip like characters in their favorite video games! By teaching children to channel their impulses and energy into goal-oriented focus, we help them find success in all endeavors including school, sport, and life.

NINJAZONE TEACHES:

- Self confidence
- Discipline
- Impulse control
- Responsibility
- Instinctual safety
- Improve total body awareness and coordination
- Build strength
- Improve agility
- Promote safe technique and body movement

NINJAZONE IS AVAILABLE FOR:

- ★ **Baby Ninjas**  18 months to 3 years old
- ★ **Lil' Ninjas** Ages 3-5
- ★ **Ninjas** Ages 5-13

Backed by Ninja Sports International, NinjaZone is setting the course for success in children.



LIFE SKILLS CLEVERLY DESIGNED AS NINJA SKILLS

The Ninjas are here! The NinjaZone is an all new discipline inspired from Obstacle Course Training, Gymnastics, Street Dance and Martial Arts.

By introducing the sport of Ninja to children, we provide them with a unique channel to redirect their energy. Practicing the Ninja sport will exercise their minds, build character and confidence, and cultivate discipline.

We teach kids how to reach their goals, all while building confidence and gaining the techniques they'll need to face any challenge. Parents witness their children succeeding and having fun, while being reassured that the physical, mental, and emotional needs of their kids are being met.

Children will learn flips, rolls, jumps and kicks in combination with strength and agility courses. NinjaZone has a progressive level system that evaluates and advances children on their skill and knowledge of core values as described in the NinjaZone creed.

NINJA JAM

Ninja Jam is the perfect option for your child if you don't want to commit to regularly scheduled class or just want to see what our program is all about! Open to both girls and boys, space is limited so please pre-register. Our new and improved Ninja room is ready for action.

For new students, Ninja Jam provides a chance to learn the fundamentals of the sport, meet our instructors and receive an introduction to our recreational classes.

ACTIVITIES INCLUDE:

- Ninja skill instructions
- Obstacle courses
- Fun-filled activities and games
- And more!



NINJA GAMES

The Ninja Games take on a competitive format, in order to allow children to showcase their skills and experience competition in a safe, controlled and supportive environment.